KOREAN CUISINE

# Sundaebokkeum

Stir-fried Blood Sausage | 순대볶음



A popular Korean street food and iconic drinking snack (*anju*) featuring chewy blood sausage (*sundae*), rice cakes, crisp cabbage, and onion stir-fried in a spicy gochujang sauce. Finished with perilla leaves and roasted wild sesame powder to eliminate any gamey odor and add a rich, nutty flavor.

⏱️ **Prep: 15 mins | Cook: 15 mins |** 🍳 **Easy |** 🌶️ **Spicy & Nutty |** 🍻 **Popular Anju**

## Ingredients (2-3 servings)

- **Main Ingredients:** 300g Korean blood sausage (*sundae*, thick-sliced), 100g cylinder rice cakes (*garae-tteok* or *tteokbokki-tteok*), 10–12 fresh perilla leaves (*kkaet-nip*)
- **Vegetables:** 1/4 head green cabbage, 1/2 onion, 1/2 stalk green onion, 1 green chili pepper, 1 red chili pepper
- **Spicy Sauce Base:** 2 tbsp gochujang (chili paste), 2 tbsp gochugaru (chili flakes), 1.5 tbsp soy sauce, 1 tbsp sugar, 1 tbsp rice syrup (*mulyeot*), 1 tbsp minced garlic, 1 tbsp mirin (cooking wine), 3–4 tbsp water or broth
- **Finishing Touches:** 2 tbsp wild sesame powder (*deul-kkaetgaru*), 2 tbsp cooking oil, 1 tbsp sesame oil, toasted sesame seeds

## Allergy Information

- **Contains:** Pork (Blood sausage casing & filling), Soy (Gochujang, Soy sauce), Wheat (Blood sausage, Gochujang, Soy sauce), Sesame

## Equipment

- Frying Pan or Large Wok, Spatula, Knife, Cutting Board, Small Mixing Bowl

## Cooking Instructions

1. **Prepping Ingredients:** Slice the blood sausage into thick rounds (about 1.5–2 cm thick so they don't break apart while stir-frying). Soak rice cakes in warm water for 10 minutes. Cut the cabbage and onion into bite-sized squares, slice green onions and chili peppers diagonally, and tear perilla leaves into broad strips.
2. **Mixing the Spicy Sauce:** In a small bowl, combine gochujang, gochugaru, soy sauce, sugar, rice syrup, minced garlic, mirin, and 3–4 tbsp water until smooth.
3. **Stir-Frying Vegetables & Rice Cakes:** Heat 2 tbsp cooking oil in a large pan or wok over medium-high heat. Add the sliced onions, cabbage, and drained rice cakes, stir-frying for 3–4 minutes until vegetables begin to soften.

4. **Adding Sundae & Sauce:** Add the thick-sliced blood sausage and pour the sauce mixture evenly over the pan. Gently toss over medium heat for 3–5 minutes so the sausage absorbs the spicy sauce without bursting open.
5. **Adding Perilla Leaves & Wild Sesame Powder:** Turn heat to low, add the green onions, chili peppers, perilla leaves, and 2 tbsp wild sesame powder (*deul-kkaetgaru*). Toss rapidly for 1 minute until fragrant and glossy. Drizzle with sesame oil and sprinkle with toasted sesame seeds before serving.

## 💡 Cooking & Pairing Tips

- **Perilla Leaves & Wild Sesame Powder:** Adding fresh perilla leaves (*kkaet-nip*) and wild sesame powder (*deul-kkaetgaru*) at the very end is the essential secret to removing any gamey odor (*nurinnae*) while creating a savory, nutty glaze.
- **Slice Sundae Thickly & Handle Gently:** Slice the blood sausage thickly and toss gently with a flat spatula. Slicing too thinly or over-stirring will cause the glass noodles (*dangmyeon*) inside to burst out of the casing.
- **Perfect Food & Beverage Pairing:** Served as a quintessential Korean drinking snack (*anju*) alongside pickled yellow radish (*danmuji*) or hot fish cake soup (*Eomuk-guk*). Pairs exceptionally well with chilled soju, makgeolli, or a cold lager beer.

## Storage Instructions

- Store leftovers in an airtight container in the refrigerator for up to 1–2 days. Reheat gently in a pan over low heat with a small splash of water to keep the sausage and rice cakes soft and tender.

## Nutrition Facts (Estimated)

- Total Content : Approx. 750g (2-3 servings total)
- Calories : 820 kcal total (approx. 109 kcal per 100g / 273 kcal per 1 serving)
  – Sodium : 1,220mg (61%)
  – Total Carbohydrate : 118g (36%)
  – Sugar : 18g (18%)
  – Total Fat : 26g (48%)
  – Trans Fat : 0g
  – Saturated Fat : 6g (40%)
  – Cholesterol : 95mg (32%)
  – Protein : 28g (51%)
  – Calcium : 160mg (16%)

## Editor's Review

### 1. Sensual Spice Bursting from Chewy Blood Sausage and Nutty Perilla Seeds

The moment chewy glass-noodle blood sausage, crisp cabbage, and rice cakes merge within a fiery sweet-and-spicy glaze, an addictive wave of bold flavor immediately commands the senses. Chewy elasticity yields gently to the bite as flash-sautéed cabbage releases a refreshing burst of moisture, while toasted perilla powder and fresh perilla leaves smother any lingering gameiness. Interweaving rich nutty depth with herbal fragrance, every bite delivers a dynamically engaging and deeply satisfying culinary experience.

### 2. Searing Precision Forged by Timed Insertion and Perilla Emulsification

Sundaebokkeum stands as a masterclass in pan-stir-frying, safeguarding fragile sausage integrity while capturing high-heat umami. Adding delicate blood sausage only after flash-sautéing vegetables isolates essential moisture and oil, representing a crucial culinary technique that prevents the sausage casing from bursting. Finishing with ground perilla seeds and fragrant leaves emulsifies fat molecules within the sauce, expertly neutralizing gamey notes while creating a velvety, clinging glaze.

### 3. Heartwarming Solace Shared Around a Sizzling Pan

Rising from a sizzling skillet, the rich, savory aromas of stir-fried sausage and vegetables act as a gentle sanctuary that soothes away daily fatigue. Carrying nostalgic memories of bustling street markets and cozy late-night eateries, sharing this vibrant crimson dish reconnects tired spirits with unpretentious warmth and camaraderie. Savoring each hearty, flavorful bite washes away stress, refilling the soul with an enduring and grounded peace.



Copyright ⓒ 2024 All rights reserved by DLF Co., Ltd.